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CHILDBIRTH:

ITS PAINS GREATLY LESSENED, ITS PERILS ENTIRELY OBVIATED.

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BEING AN ACCOUNT OF AN

EXPERIMENT RECENTLY MADE IN LONDON.

WITH ALLUSIONS TO

SEVERAL CASES IN THIS COUNTRY.

AND A CLEAR

EXPOSITION OF THEIR PHILOSOPHY.

SHOWING THAT

THE PAINS OF CHILDBIRTH MAY BE GREATLY MITIGATED,

IF NOT ENTIRELY PREVENTED.

BY THE AUTHOR OF

"INTELLECTUAL AND MORAL QUALITIES TRANSMISSIBLE."

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CHILDBIRTH.

Presumptuous and unnatural as the assertion contained in the title of this work may appear, it is, nevertheless, sustained by the highest medical authority. Dr. Dewees, Professor of Obstetrics in the Medical School of Pensylvania, in an elaborate Thesis on Childbirth, took the broad ground, that pain in childbirth was a morbid symptom, the consequence of artificial modes of life and treatment, and could be avoided by appropriate habits and treatment.

It is a well established fact, that women are to be found in almost every country who suffer no pain in childbirth.

Now, as a natural law never admits of an exception, this exemption from pain could not occur in any individual, unless it were fairly within the capabilities of the race.

"If the public mind," says Dr. Combe, "were only sufficiently enlightened to act on the perception, that no effect can take place without some cause, known or unknown, preceding it, to which its existence is really due, many evils to which we are now subject might easily be avoided. If, for example, women in childbed could be convinced, from previous knowledge, that, as a general rule, the danger attending that state is proportioned to the previous sound or unsound condition of the system, and to its good or bad management at the time, and is not the mere effect of chance, they would be much more anxious to find out, and successful in observing, the laws of health, both for their own sakes and for the sake of the future infant, than they now are, while ignorant of the influence of their own conduct. Accordingly, I entirely agree with Dr. Eberle, when he says that "the pregnant female, who observes a suitable regimen, will, *caeteris paribus*, always enjoy more tranquillity both of mind and body, and incur much less risk of injury to herself and child, than she who, giving a free reign to her appetite, indulges to excess, or in the use of improper articles of food.

"In sorrow shalt thou bring forth," says the text, alluding to woman and her offspring. This sentence has resulted in a general belief that the pains of childbirth, in their present aggravated intensity, are unavoidable. That this is, to a certain extent, a popular error, is we think, conclusively shown in the following paragraph from "Combe's Constitution of Man," a work of undeniable authority :*

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* The following remarks of Mr. Combe, "On the Relation between Science and Scripture," apply to the present subject :

"If the views of human nature expounded in this work be untrue, the proper answer to them is a demonstration of their falsity. If they be true, they are mere enunciations of the insti-

"The sufferings of women in child bed have been cited as evidence that the Creator has not intended the human

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tutions of the Creator; and it argues superstitious, and not religious feelings, to fear evil consequences from the knowledge of what divine wisdom has appointed. The argument that the *results* of the doctrine are obviously at variance with *scripture*, and that *therefore* the doctrines *cannot be true*, is not admissible; 'for,' in the words of Dr. Whately, 'if we really are convinced of the truth of scripture, and consequently of the falsity of any theory, (of the earth for instance,) which is really at variance with it, we must next believe that the theory is also at variance with observable phenomena; and we ought not, therefore, to shrink from trying the question by these.'

"Galileo was told, from high authority in the church, that his doctrine of the revolution of the globe was obviously at variance with scripture, and that therefore it *could not be true:* but as his opinions were founded on palpable facts, which could be neither concealed nor denied, they necessarily prevailed. If there had been a real opposition between scripture and nature, the only result would have been a demonstration that scripture, in this particular instance, was erroneously interpreted; because the evidence of physical nature is imperishable and insuperable, and cannot give way to any authority whatever. The same consequences will evidently happen in regard to phrenology. If any fact in physiology does actually and directly contradict any interpretation of scripture, it is not difficult to perceive which must yield. The human understanding cannot resist evidence founded on observation; and even if it did resist, nature would not bend, but continue to operate in her own way in spite of the resistance, and a new and more correct interpretation of scripture would ultimately become inevitable. Opposition between science and revelation I sincerely believe to be impossible, when the facts in nature are correctly observed, and divine truth is correctly interpreted; but I put the case thus strongly to call the serious attention of religious persons to the mischievous consequences to religion of rashly denouncing, as adverse to revelation, any doctrine professing to be founded on natural facts. Every instance in which the charge is made falsely, is a gross outrage upon revelation itself, and tends to lead men to regard scripture as an obstacle to the progress of science and civilization, instead of being a system of divine wisdom, in harmony with all natural truth."

being under any circumstances, to execute all its functions free from pain. But, besides the obvious answer that the objection applies only to one sex, and is therefore not to be too readily presumed to have its origin in nature, there is good reason to deny the assertion, and to ascribe the suffering in question to departures from the natural laws, in either the structure or the habits of the individuals who experience it."

We might multiply authority to any extent, to prove the correctness of this opinion. Reasoning from analogy with the animal kingdom—the book of nature, the handwriting of God, which bears on every page evidence of His wisdom and goodness, amply testifies to its correctness. Comparative anatomy, also, which shows the difference of capacity between the male and female pelvis, sustains the opinion that nature has made ample provision for the performance of the function of parturition unattended by danger or suffering.

The following extract from "Mrs. Gove's Lectures to Ladies," supports the view last quoted, as to the effects of wrong habits, in aggravating the pains and perils of child bearing.

"Many lovely young women enter the married state frail as the gossamer, from wrong physical training, unable to bear the slightest hardship, when it is their right, by God's intendment, to be hardy and robust. They fall victims immediately, and often the grave covers them and their first born, and 'mysterious Providence' heads their obituary. Parent of wisdom! shall such ignorance forever shroud our world?

"The functions of gestation and parturition are as natural as digestion; and were mankind brought into a natural

and healthy state, we have reason to believe that these functions would be attended with little, if any pain. But the healthy tone of the nervous system is destroyed. Diseased, convulsed, and erratic action is established by the various abuses of civic life, and the most tender and endearing of all relations becomes a horror and a curse.

"I know many mothers who, with their husbands, have adopted the 'Graham System,' or in other words, those correct habits recommended in these lectures; (that is, attention to diet, exercise, and bathing freely and constantly with pure cold water,) and these mothers have abridged their sufferings in parturition from forty hours to *one hour*, and have escaped altogether the deathly sickness of the three first months of gestation. But they avoided all excesses as far as possible. We know that the Indians, the lower orders of Irish, and the slaves at the South, suffer very little in childbearing. Why is this? God made us all of one blood. Is it not that these, living in a less artificial manner, taking much exercise in the open air, and living temperately, have obeyed more of the laws of their being, and consequently do not suffer the penalty of violated laws, as do our victims of civilization?"

A manuscript, containing an account of the progress and successful termination of an experiment for securing childbirth with safety, and almost without pain, published in London, 1841, by S. Rowbotham, author of an "Essay on Human Parturition, &c." was sent to the writer, requesting her to add her views on the subject, and to prepare it for publication.

The request was cheerfully complied with, in view of improving the opportunity of collecting and arranging in

a popular form, information of such vital importance to the health and happiness, not only of the present, but also future generation of her own sex. For, however well-informed and intelligent our countrywomen may be on other subjects, the one under consideration is, to the majority of them, shrouded in more than Egyptian darkness. This state of things, however, cannot long remain. A spirit of inquiry is abroad; and in the present age of progress, ignorance and prejudice must yield to more liberal and enlightened views. The time cannot be far distant when a knowledge of the functions of gestation and parturition will be considered as necessary as those of digestion, circulation, or any other natural law of the human system.

A former copy of this work, which had been prepared with much attention, research and labor, together with the original manuscript, containing an account of the experiment, were destroyed by the late fire in the Tribune Buildings. Not being able to procure another copy, without much loss of time, the writer will be obliged to give a synopsis of the experiment from recollection. Fortunately, however, two of the first pages of the manuscript had been copied, and were thus preserved.

"While reading the article 'Age,'" says Mr. Rowbotham, "in the Penny Cyclopædia, published by the Society for the Diffusion of Useful Knowledge, I was forcibly impressed by this paragraph: 'When first the human embryo becomes distinctly visible, it is almost wholly fluid, consisting only of a soft gelatinous pulp. In this gelatinous pulp solid substances are formed, which gradually increase and are fashioned into organs. These organs, in their rudimental state, are soft and tender, but, in progress of their developement, constantly acquiring a greater number of solid particles, the cohesion of which

progressively increases, the organs at length become dense and firm. As the soft solids augment in bulk and density, *bony particles* are deposited, sparingly at first, and in detached masses, but accumulating by degrees; these, too, are at length fashioned into distinct oseous structures, which, extending in every direction, until they unite at every point, ultimately form the connected bony framework of the system. This bony fabric, like the soft solids, tender and yielding at first, becomes by degrees firm and resisting.'

"Mr. Rowbotham reasoned from this, that the firmness and density of a fœtus, depends upon the amount of *bony matter* deposited, or entering into its constitution; and, as the fœtus is built up, nourished and supported by the mother's blood, the mother's blood must be the source of *bony matter* which hardens and consolidates the fœtus. But blood is derived from food and drink—consequently, if different kinds of food and drink contain different proportions of this bony matter, it follows, that according to the kind of food which the mother subsists upon during pregnancy, that is to say, according to the amount of earthy or *bony matter* existing in it, will be the amount existing in, or entering into combination with, her blood; and consequently, will the fœtus be more or less firm and resisting.

"Diet, then, is the principal thing. Exercise has a favorable effect no doubt, but nothing more: it is not a primary cause of either difficult or easy parturition.

"Many midwifes and experienced matrons admit, that, not to indulge in eating and drinking more than is barely necessary, retards the growth of the fœtus, and thus contributes to the safety of childbirth.

"Every mother knows," continued Mr. Rowbotham, "that the cause of the extreme pain in the birth of a child, is the consolidation of its bones while yet in the womb.

Some persons may suppose that this consolidation is desirable. But this is a mistake. For the free expansion, beauty, and grace of its form, it is on the contrary desirable, that the bones of the child should be in the state of gristle, soft, elastic, yielding; no less than to save suffering to the mother. Many children are so much injured at birth that they suffer through life in various ways; while it is often observed, that seven months' children are remarkable for their size, grace, and general fine form."

Mr. Rowbotham, having thus come to the conclusion that no injury would result to the child, by this de-ossifying system, endeavored to persuade his wife to enter into his views, and test his favorite theory.

Although Mrs. Rowbotham had suffered severely in two previous labors, she could not be induced to practice the self-denial necessary to insure a safe and easy labor, until six weeks, as it proved, previous to the expiration of her time. At the period in which she commenced this depleting system, she was suffering under all the evils of pregnancy, which resulted principally from a plethoric habit; as nausea, varicose-veins, vertigo or dizziness, accompanied by a disagreeable sensation of lassitude and dullness, both of body and mind. These painful symptoms, however, were soon relieved by abstemiousness, a simple diet, bathing, fresh air, exercise, and attention to the healthy action of all the organs; a regimen, in the opinion of the writer, sufficient to account for the easy labor that followed, independently of the theory of her husband, in regard to the softening of the fœtal-bones.

In order fully to carry out her husband's views, Mrs. Rowbotham abstained as far as possible from all articles of food containing the phosphate of lime and magnesia.

Wheat, barley, beans, peas, rice, and all farinaceous substances, Mr. Rowbotham stated, contained a much greater amount of earthy phosphates, than fruits, vegetables, or even animal food. Fine wheaten flour, whether used in the form of bread, cakes, pastry, or puddings, was particularly objectionable, on account of the large portion of earthy matter it contained. Milk, butter, and cheese, were, for the same reason, to be avoided. All kinds of fruits, on the contrary, were highly recommended; more particularly acid fruits, such as lemons, oranges, currants, grapes, &c. These, when used with sugar, were not only highly nutritious and grateful to the stomach, but served the important purpose of dissolving and carrying off much of the earthy matter, unavoidably taken with the food.

Water, and the different kinds of drink in which it enters, as tea, coffee, beer, &c., were also put under interdict by Mr. Rowbotham, as containing the constituents of bone. In answer to the question that might be asked, as to the means of allaying thirst, he stated that his wife experienced no thirst after she had entered upon the temperance system, except such as could be readily allayed by juicy fruits; and that this system agreed well with her health; she felt cheerful, strong, and active, attended to her domestic duties, and performed active household labor, up to the very hour of her accouchement.

Certificates from the attendant physician and nurse accompanied these statements, showing the remarkable easy labor, and rapid convalescence, of Mrs. Rowbotham. Nor was the child a sufferer by this experiment; for although small and soft when born, it soon grew to be a large, finely-formed, and perfectly healthy child. Thus proving, to the entire satisfaction of Mr. Rowbotham, the truth of the principle on which his theory was founded.

This experiment has terminated with equal success in several cases in this country, although the writer is not at liberty to mention names.

The investigations of modern chemistry have shed a brilliant light upon many subjects hitherto considered obscure and incomprehensible. The vital principle of animal heat is no longer a speculation—agriculture no longer an experiment; while the advantages which many of the arts have derived from this science are almost invaluable; by its light order is evolved out of chaos, and all the laws of matter discovered to be invariable and harmonious.

With all its splendid discoveries, however, modern chemistry has added little to our knowledge of physiology previous to the investigations of Liebig: to whose invaluable work, on "Animal Chemistry," we must now look to elucidate the present subject.

"The combinations of the chemist relate to the change of matter, forward and backward, to the conversion of food into the various tissues and secretions, and to their metamorphosis into lifeless compounds; his investigations ought to tell us what has taken place, and what can take place, in the body."

Accordingly, from these investigations we learn, that the phosphate of lime and magnesia contained in the food and from thence conveyed into the blood, cannot be converted into cellular tissue, neither can these be consumed by the respiratory organs, but that a portion of them is deposited in the form of bone, and the residue, after performing the important purpose of keeping up the peristaltic motion, is thrown out of the system. Hence, it appears probable, that if only those articles of food containing the least amount of the phosphate of lime or magne-

sia were taken by pregnant women, the ossification of the *fœtus in-utero* might be retarded in such a degree as to obviate the imminent danger at the period of parturition, so frequently fatal to either mother or child. The writer is perfectly aware that all reasoning *apriora* is without value, and that carefully conducted and well observed experiments only, can test the truth and utility of this principle.

Meanwhile, the important question arises as to the effect which this abnormal condition of the bones may have on the constitution of the offspring; as no mother would be justified in guarding herself against pain at the expense of the health of her child; for what are a few hours, or even days suffering to her, in comparison to a life of disease, debility, and pain to her offspring.

It is well known that many of the most fatal diseases of infancy originate from a want of earthy matter in the bones; as rickets, mollities-ossiana, or softening of the bones, and spina-biffida, a want of one or more of the arches of the vertebre, thereby allowing the contents of the spinal column to exude in the form of a tumor, which is almost always fatal. A knowledge of such facts should render every mother particularly careful of transmitting even a tendency to those diseases to her offspring. This un-ossifying system, therefore, may prove in the hands of the timid and ignorant a source of infinite mischief, in transmitting a weakly organized constitution, and thereby enfeebling and deteriorating the race. There are, however, many cases in which this system might prove highly beneficial; it should at all events be resorted to, where there has been a succession of stillborn births, caused *only* by the large size of the fœtus.

There is, perhaps, no department of medical science which can boast of more excellent treatises than Midwifery. It is, therefore, much to be regretted that the many valu-

able popular works, intended expressly for females, should meet with so little attention. The time, however, cannot be far distant, when a knowledge of the laws which govern the human system under *all* circumstances, will be considered an indispensible branch of female education. Hitherto palliatives and curatives have been the principal means sought after and relied on; but when more liberal and enlightened views obtain—when the cobwebs of false delicacy have been swept from society—when women are taught the importance of a knowledge of the organic laws, preventive and first principle will take their place.

"The physical and organic laws," says Mr. Combe, "when truly discovered, appear to the mind as institutions of the Creator; wise and salutary in themselves, unbending in their operation, and universal in their application. They interest our intellectual faculties, and strongly impress our sentiments. The necessity of obeying them comes to us with all the authority of a mandate from God. While we confine ourselves to mere recommendations to beware of damp, to observe temperance, or to take exercise, without explaining the *principle*, the injunction carries only the weight due to *the authority of the individual* who gives it, and is addressed to only two or three faculties—veneration and cautiousness, for instance, or self-love, in him who receives it. But if we be made acquainted with the elements of the physicial world, and with those of our organized system—with the uses of the different parts of the human body, and the conditions necessary to their healthy action—with the causes of their derangement, and the pains consequent thereon; and if the obligation to attend to these conditions be enforced on our moral sentiments and intellect, as a duty which is imposed by the Creator, and which we cannot neglect without suffering punishment; then

the motives to observe the physical and organic laws, as well as *the power of doing so*, will be prodigiously increased. It is only by being taught the *principle* on which consequences depend, that we become capable of perceiving the *invariableness* of the results of the physical and organic laws, acquire confidence in, and respect for, the laws themselves, and fairly endeavor to accommodate our conduct to their operation."

The important principles which govern the health of both mother and child during the period of gestation, are fully explained in that most useful and excellent work, "Combe on Infancy."

This author, also, explains the effect of the mother's imagination and sentiments, on the mental constitution of her offspring—a subject of the deepest interest to mankind; as on obedience or disregard to this important law of nature, depend the happiness or misery of the domestic circle; the birthplace of the affections, the shrine of the heart. Prosperity may shower its brightest gifts on man—wealth and art may combine to beautify and embellish his habitation—science and literature may elevate his understanding and refine his taste—the good and the wise may court his society—he may be exalted to the highest place in the gift of his countrymen: of what avail are all these advantages, if his home presents a scene of corroding anxiety, or humiliating mortification, caused by feeble, sickly, or inefficient and badly organized children? Not until the public mind is fully awakened to the importance of the laws which govern a healthy action of mind and body, and also the hereditary descent of intellectual and moral qualities, can domestic happiness be predicated to a moral certainty, or approximate to a more perfect state. That order and law govern all matter, animate and inanimate, is too well established to admit of a doubt. Shall it then be said, that so important a subject as the physical

and mental constitution of our children, is a mere matter of chance, the only department of creation not subject to fixed and invariable laws? Forbid it, every just appreciation of the wisdom and goodness of a beneficent Creator!

For the benefit of those who cannot procure the work just alluded to, (it being nearly out of print) the writer will extract from its pages much valuable counsel in regard to the subject under consideration.

"The only circumstance which can explain or excuse the indiffence shown by many mothers to the state of their own health during pregnancy, is their *entire ignorance* of the injury which they thereby inflict on their future offspring. Many a mother, who will not deny herself the temporary gratification of a simple desire or appetite on her own account, would be the first and firmest in resisting the temptation, if her reason was fully convinced, that every transgression which she commits, diminishes in so far, the chances of health of the being whom she carries in her bosom. And such is unquestionably the fact."

"A notion is very prevalent, that an unusual supply of nourishing food is required during pregnancy, on account of the rapid development of the new being in the maternal womb. In some instances in which the general health, digestive powers, and appetite improve during gestation, an increased allowance of food becomes necessary, and is productive of much advantage. But in the great majority of cases, when no such improvement takes place, and the appetite is already more vigorous than the powers of digestion, nothing but mischief can follow from increased eating.

"It is true that substance is expended on the development of the infant being in the mother's womb, but Na-

ture herself has provided for that demand, by the suppression of the periodical discharge to which they are at other times subject, and which ceases altogether when the age of child-bearing is past; and, therefore, when during pregnancy the health is good and the appetite is natural, there is no need whatever of increasing the quantity or altering the quality of the food which is found by experience to agree with the constitution, and nothing but harm can result from attempting to "support the strength" by too nutritious a diet.

"When, from mistaken views, a change is made from a plain and nourishing diet to full and generous living, and especially when the usual exercise is at the same time diminished, a state of fulness not less dangerous to the mother than injurious to the embryo, is apt to be induced, or is prevented only by the digestive powers giving way, which leads to much suffering from nausea, heartburn, flatulence, inordinate craving, disagreeable breath and perspiration, and other symptoms well known to mothers as incapable of cure until gestation is at an end. Where digestion continues unimpaired, and the superfluity of nourishment is taken into the system, a fulness and sense of oppression ensue, which infallibly lead to mischief, when not timely relieved either by nature or by art. Occasionally, bleeding from the nose or lungs, or from piles, removes the impending danger. At other times blood is purposely drawn from a vein to avert it; but now and then it happens, that nature seeks relief, by attempting to re-establish the customary discharge from the womb, and if she is aided in her efforts by any accidental imprudence on the part of the parent, the attempt will be successful, and accompanied probably by a miscarriage and a risk of life. In short, the fulness of system thus imprudently induced, must have vent somewhere, and it will depend upon the existence of any local

weakness or other accident, in what organ or in what way the vent shall be effected, and with what extent of danger it shall be accompanied. To the child, not less than to the parent, its consequences are injurious, not only as endangering premature birth, but as effecting the *future soundness of its organization*: and it therefore becomes a solemn moral duty of the mother, not to place herself voluntarily in circumstances which may not only defeat her fondest hopes of happiness, and leave her a prey to broken health and endearing regret, but permanently diminish the happiness of the offspring.

"But, while avoiding one error, we must be careful not to run headlong into the other extreme, and sanction an insufficient diet. Many of the lower orders suffer grievously in this way, and from absolute inability to procure nourishing food in due quantity, give birth to feeble and unhealthy children, whose whole life is a scene of suffering, although, fortunately, they do not survive long. This is, in truth, one cause of the physical inferiority of, and greater mortality among the working classes; and as it almost necessarily leads to moral inferiority, as its result, it is one of the points which eminently deserve the attention of the philanthropist and enlightened statesman.* As well may we expect fine fruit and rich harvests from an impoverished soil, as well-constituted children from parents exhausted by physical exertion, and insufficient food. It is in work-houses that the evil is seen in its most glaring form. These are peopled by the children of the lowest, most sickly, or most improvident parents. From birth they are the worst fed, and the most miserably clothed, and in consequence, their bodies are stunted

* ["In this country, happily, the working classes do not suffer in the manner described in the text. They are in more danger of excess, than deficiency of food."—B.]

and weak, and their minds and morals impaired and degraded. If the children in any work-house are contrasted with the children of even any common country school, their physical and moral inferiority is seen to be very marked, and in the expression of innate heartiness and enjoyment peculiar to early youth, the difference is still more striking.

"It is naturally the children of the poor who suffer most from the inadequate nourishment of the parent during pregnancy; but those of the higher classes also suffer, though in a different way. The system is duly nourished only *when the proper food in itself is also properly digested:* if the digestion be imperfect, no food, however nutritious, will afford a healthy sustenance. Many mothers in the higher classes, give birth to feeble and badly developed children, from inattention to this fact. Fond of indulging in every luxury, they eat unseasonably and largely, till the powers of the stomach are utterly exhausted, and digestion becomes so much impaired that the food ceases to be nutritious. As regards the infant, the result is the same, whether the want of nourishment arises from want of food or want of digestion; and hence the duty so strongly incumbent upon the mother, of acting like a rational being, for her infant's sake, if not for her own. Morally considered, it is as culpable on her part, to starve the infant before birth, by voluntarily impairing her own power of nourishing it, as by directly refusing it food after it is born.

"In all instances, the great aim ought to be, to act according to the laws of the human constitution, and, consequently, adopt the kind and quantity of nourishment to the wants of the individual. Following this rule, we shall find that while, *in general,* no increase is required during pregnancy, there are, nevertheless, many females who enjoy a higher degree of health in the married state,

and especially during pregnancy, than they did before, and in whom the appetite becomes more acute, only because digestion and the other organic functions are carried on with greater vigor. In such cases, an improved diet is not only safe, but natural and necessary ; and all that is required is, not to push it so far as to impair the amended tone, or oppress the system. The proper limit can, in general, be easily determined by a little attention. So long as healthy activity of mind and body, aptitude for exercise, and regularity in all the animal functions, continue unimpaired, there will be nothing to fear; but if oppression, languor, or other indications of constitutional disorder, begin to show themselves, no time should be lost in taking the hint, and adopting the necessary restrictions.*

" There is no period of life at which it is of so much consequence to observe moderation and *simplicity* of diet, and avoid the use of heating food and stimulants, as during pregnancy. Not only is the general system then unusually susceptible of impressions and disordered by the slightest causes, but, in nervous constitutions, the stomach is the seat of a peculiar irritability, accompanied by a craving and capricious appetite, to which it re-

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* [Doctor Dewees, in his valuable " *Treatises on the Physical and Medicinal Treatment of Children,*" expresses himself on this point in the following language: He had just mentioned the subject of nausea and vomiting being such common symptoms in the early period of pregnancy. " Now do these not most emphatically declare that the system requires reduction, rather than an increase of fluids ? or why should this subduing process be instituted ? It certainly cannot be intended for any other purpose, since it is not only almost universal, but highly important when it occurs, as it would seem to add much to the security of the fœtus ; for it is a remark, as familiar as it is well grounded, that very sick women rarely miscarry ; while, on the contrary, women of very full habits are disposed to abortion, if exempt from this severe, but it would seem, important process."—B.]

quires much good sense and self-denial on the part of the parent, to refrain from giving way. Dr. Eberle notices several remarkable instances in which indulgence in indigestible articles of diet produced excruciating colic, followed by abortion, even so early as the fourth month. During the latter stages of pregnancy, the risk from this cause is greatly increased; and, to long-existing intestinal derangement, produced by a redundant, mixed, heterogeneous diet, the same author justly ascribes the appearance of a peculiar and highly dangerous affection, resembling puerperal fever, which comes on soon after delivery, and is characterized by a remarkable sinking of the vital energies. In cases of this kind, the disorder of health, previous to parturition, is not so striking as to arrest attention, although perfectly obvious to experienced eyes; and when, after delivery, danger declares itself, it is viewed with all the surprise and alarm of an unexpected event, although, in reality, it might have been foreseen, and, to a considerable extent, guarded against by a well-conducted regimen, and due attention to the action of the bowels.

"If the public mind were only sufficiently enlightened to act on the perception, that no effect can take place without some cause, known or unknown, preceding it, to which its existence is really due, many evils to which we are now subject, might easily be avoided. If, for example, women in childbed could be convinced from previous knowledge, that, as a general rule, the danger attending that state is proportioned to the previous sound or unsound condition of the system, and to its good or bad management at the time, and is not the mere effect of chance, they would be much more anxious to find out, and successful in observing the laws of health, both for their own sakes, and for the sake of the future infant, than they now are, while ignorant of the influence of their own

conduct. Accordingly, I entirely agree with Dr. Eberle, when he says that "the pregnant female, who observes a suitable regimen, will, *caeteris paribus*, always enjoy more tranquility, both of mind and body, and incur much less risk of injury to herself and child, than she, who giving a free rein to her appetite, indulges it to excess, or in the use of improper articles of food."

On the subject of *longings* for extraordinary kinds of food, much caution ought to be exercised. Longings rarely occur in a healthy woman of a well-constituted mind. Indeed, they are almost peculiar to delicate, nervous, irritable, and above all, *unemployed* women, who have been accustomed to much indulgence, and have no wholesome subject of thought or occupation to fill up their time. If they are indulged from the first, they gain strength by what they feed on; the whole mind becomes centered on their contemplation, and the fancy is incessantly excited to produce new whims for their gratification, to the infallible disturbance of the health of both mother and child. Longing is a disease of the brain and mind, much more than of the stomach; and the way to cure it is to provide the mind with wholesome occupation, and the feelings with objects of higher interest, and to give the stomach the plain and mild food, which alone, in its weakened state, it is able to digest. In very capricious and confirmed cases, it is sometimes better to yield temporarily; but, even then, the main object, the means of cure, ought never to be lost sight of.

"During pregnancy, the great aim, for the sake of both parent and child, ought to be to sustain the general health in its highest state of efficiency; and in order to attain this, the mother ought to pursue her usual avocations and mode of life, provided these be compatible with the laws of health. Regular daily exercise, cheerful occupation and society, moderate diet, pure air, early

hours, clothing suitable to the season, and healthy activity of the skin, are all more essential than ever, because now the permanent welfare of another being is at stake, in addition to that of the mother. But any of these, carried to excess, may become a source of danger to both mother and child. Dancing, riding, travelling over rough roads, and vivid exertions of mind, have often brought on abortion.*

"For many years past, common sense and science have combined to wage war against custom and fashion on the subject of female dress, and particularly tight-lacing, and the use of stiff unyielding corsets; but hitherto with only partial success. Of late, however, a glimmering perception has begun to prevail, that the subject for which the restraint is undergone may be more certainly attained by following the dictates of reason, than by physical compression; and if this great truth shall make way, fashion will ultimately be enlisted on the right side, and the beautiful forms of nature be preferred to the painful distortions of art. Already sounder views of the nature of the human frame, added to the lamentable lessons of experience, have convinced many mothers that the surest way to deform the figure and prevent gracefulness of carriage, is to enforce the use of stiff and tight stays; and the most effectual way to im-

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* [Most practitioners of extended experience have met with cases of delicate women, who have only been able to avoid a miscarriage by taking regular exercise and attending to their domestic avocations, in place of confining themselves to the house, or even to their chamber, as they had been in the practice of doing before, but without its protecting them from the misfortune they so much dreaded.

More harm is done by sudden efforts, as in lifting, pulling, pushing, stepping with a bound, so as to light only on the fore part of the foot, or by jumping, than by prolonged exercise, or even labor, though neither of these is proper for persons unaccustomed to them.—B.]

prove both, is to obey the dictates of nature in preference to the inspirations of ignorance. It was not by the use of tight bands and stays the classic forms of Greece and Rome were fashioned; and if we wish to see these produced, we must secure freedom of action for both body and mind, as an indispensable preliminary. If the bodily organization be allowed fair play, the spine will grow up straight and firm, but, at the same time, graceful and pliant to the will, and the rest of the figure will develope itself with a freedom and elegance unattainable by any artificial means; while the additional advantage will be gained, of the highest degree of health and vigor compatible with the nature of the original constitution.

"If, then, perfect freedom ought at all times to be provided for in the construction of female dress, it is plain that during pregnancy it must be doubly imperative. And, accordingly it is well remarked by Dr. Eberle, 'the custom of wearing tightly-laced corsets during gestation cannot be too severely censured. It must be evident to the plainest understanding, that serious injury to the health of both mother and child must result from a continued and forcible compression of the abdomen, while nature is at work in gradually enlarging it for the accommodation and development of the fœtus. By this unnatural practice, the circulation of the blood throughout the abdomen is impeded—a circumstance which, together with the mechanical compression of the abdominal organs, is peculiarly calculated to give rise to functional disorder of the stomach and liver, as well as to hemorrhoids, uterine hemorrhage, and abortion. The regular nourishment of the fœtus, also, is generally impeded in this way; a fact which is frequently verified in the remarkably delicate and emaciated infants born of mothers who have practised this fashionable folly during gestation. It may be observed, that since the custom of wear-

ing tightly-laced corsets has become general among females, certain forms of uterine disease are much more frequent than they were sixteen or eighteen years ago.'*

"Hence it ought to be the first duty of the young wife, who has reason to believe pregnancy has commenced, to take special care so to arrange her dress as to admit of the utmost freedom of respiration, and to prevent even the slightest compression of the chest or abdomen.

"After these most judicious and forcible observations, I need only add, that the evils of tight-lacing do not end with the birth of the child. The compression further prevents the proper development of the breasts and nipples, and renders them unfit to furnish that nourishment on which the life of the infant may entirely depend; and yet it is only when absolutely compelled to give way, that many mothers, as pregnancy advances, loosen their corsets sufficiently to admit of common breathing space, and remove the unnatural obstacles of steel or whalebone, which Dr. Eberle has shown to be so injurious.

"But although I strongly advocate the propriety of bringing up young girls without the use of such ill-judged support, I by no means recommend that those mothers, to whom long custom has rendered corsets necessary, should at once lay them aside. They ought, however, to be very careful to wear them sufficiently loose to admit of the free enlargement of the womb in an upward direction, and to substitute thin whalebone blades for the stiff steel in common use. If this precaution be neglected, both mother and infant may be seriously injured, and ruptures or other local ailments induced. To afford the necessary support, a broad elastic bandage worn round the body, but not too tight, will be of great service; but

* Eberle on the Diseases and Physical Education of Children. Cincinnati, 1833, p. 9.

every approach to absolute pressure should be scrupulously avoided. The Romans were so well aware of the mischief caused by compression of the waist during gestation, that they enacted a positive law against it; and Lycurgus, with the same view, is said to have ordained a law compelling pregnant women to wear very wide and loose clothing.*

"In regard to regular exercise in the open air, the greatest attention is requisite on the part of the mother. Nothing contributes more essentially than this to a sound state of health during gestation, and to a safe and easy recovery after delivery. With ordinary care walking may be continued almost to the last hour, and with excellent effect upon all the functions. Hard riding on horseback, dancing, and every kind of violent exertion, ought, however, to be scrupulously avoided; as also fatigue, damp, cold, and late hours. The early part of the day ought to be selected in preference, especially in winter, as there is always a degree of dampness at sunset which is unfavorable to health. Riding in an open carriage is a very useful addition to walking, but ought never to supercede it. I have seen even delicate women pass through the whole period of pregnancy and delivery without a single bad symptom, merely from scrupulous but cheerful observance of the laws of exercise and health; and it cannot be doubted that the degree of danger attending it depends very much upon the mother herself. *Childbearing is a natural and not a morbid process; and in the facility with which healthy and regular-living women*

[* Beauty, grace, cheerfulness, a good temper itself, are all sufferers from this practice of lacing and wearing corsets. The editor may be excused from referring on this occasion to his work, entitled "*Health and Beauty*," in which this subject is examined, together with all the other causes which influence the form and carriage. —Bell.]

pass through it, we have abundant evidence that the Creator did not design it to be necessarily a time of suffering and danger. Where the mode of life and the habitual occupations of the mother are rational, the more nearly she can adhere to them during pregnancy, the better for herself, and consequently the better also for her infant.

"Cleanliness and fresh air are important aids to health at all times, and doubly necessary during gestation. Hence the propriety of having recourse to a tepid bath every few days, especially in the case of females of the middling and higher classes, in whom the nervous system is unusually excitable. It promotes the healthy action of the skin, soothes the nervous excitement, prevents internal congestion, and is in every way conducive to health. But it must not be either too warm, too long continued, or taken too soon after meals. For the cautions which its use requires, I must refer the reader to my former work, as it would be out of place to repeat them here.*

"Other circumstances might be mentioned as influencing the mother's health, and indirectly that of the child; but as they have reference to her only, in common with other individuals, and therefore come under the head of general laws of health, I need not now enlarge upon them. Many sensible people, who have not thought on the subject, may be surprised at the earnestness with which I have thus recommended attention to the mother's state as the surest way of influencing the health of the child; but let them observe and reflect upon what is passing around them, and they will meet with many proofs of the principle which I have been enforcing, and soon be induced to admit its importance."

All the authors, in this department of medical science,

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* Principles of Physiology applied to Health and Education, chap. III.—[Also, Bell on Baths and Mineral Waters.]

of the present age, concur in opinion, as to the importance of regimen during the period of gestation. The following remarks coincide perfectly with the preceding, and are worthy of high consideration, as eminating from the best possible authority—"Dr. Gilman, Professor of Obstetrics, in the New York College of Physicians and Surgeons."

"*Regimen of Pregnant Women.*—This is a most important subject, but physicians are not as frequently consulted about it, as they might be with advantage, perhaps —because, *when consulted they make light of it.*

"*Diet.*—This should be light, not very nutritious, and rather laxative. Nature in most cases points out this course; the appetite is for fruits, vegetables, and the lighter meats, while gross food, such as goose, pork, fat, &c. are loathsome. Follow here the dictates of nature, let the patient take vegetables, and especially fruits, freely, and abstain from gross articles, from highly seasoned meats, and from stimulating drinks. These rules are most appropriate for the first four months; after quickening, when the digestion improves, a rather more nutritious diet may be allowed, but as the patient approaches the term of her gestation, the diet should again be light. Dr. Delafield, my predecessor in the professorship of obstetrics, gives it as the result of his experience, that women generally do best, when before they fall into labor, the system is reduced to a little below par, for this purpose he lowers the diet, and gives occasional laxatives during the ninth month. This, as has been said, is an excellent practice. Articles likely to produce flatulency are to be avoided at this time.

"*Influence of Atmosphere in Pregnancy.*—This is well established; cold, rainy weather, and low, damp mias-

matic localities, have been recognized since the time of Hippocrates, as disturbing pregnancy and causing abortion. To the influence of the atmosphere is to be attributed the frequency of abortion, miscarriage, or rather mishap in pregnancy, by which some years are signalized. Miasma is, probably, the unsuspected cause of many abortions, and when this unpleasant accident recurs frequently to a woman residing in a low, damp, or miasmatic district, she should remove during pregnancy.

"*Exercise.*—This should be strongly insisted; none of the means of preserving the health of pregnant women are more valuable than this. It should always be taken in the open air, and carried so far as to produce fatigue, but not absolute exhaustion. As to the kind of exercise, walking is best, riding in an open carriage will do well; horseback exercise is not to be permitted, unless the patient be very well accustomed to it, ride well, and have a gentle horse.

"Nothing is so likely to overcome the persistent insomnia,* with which some women are troubled towards the close of pregnancy, as to exercise in the open air, carried to fatigue; this, with warm-bath, will do more than all the anodynes you can give.

"*Dress.*—The great thing to be avoided is tightness. Anything that compresses the body, and obstructs circulation, does harm. Inflammation of the mammae is sometimes excited by the exposure of the parts to cold, in consequence of the dress being too low. This should be avoided, and the patient induced to dress *decently*.

"Pregnant women should never be allowed to witness any scene that will be likely, very powerfully to excite, alarm, or distress them—the evil influence of rash impres

* Sleeplessness.

sions is well established. Even the more exciting pleasures of life, they should partake of sparingly, as balls, parties, theatrical exhibitions, &c."

While thus showing the physical causes and external circumstances which affect the health of pregnant women, we must not overlook the moral causes of evil to which this condition is peculiarly susceptible. During the first months of gestation, and immediately after parturition, (owing in the latter case to the severe depletion of the vascular system,) the nervous temperament predominates, and the mind is thus rendered susceptible in the highest degree to impressions from moral causes. An unkind word, a cold or severe look, or even apparent neglect, will frequently, in this state of health, derange the whole physical system, prostrate the most promising state of convalescence, and set medical skill at defiance. Nor does the evil end here. A deep sense of injury and wrong is engendered, and the hitherto sweet sources of domestic happiness, affection and confidence, are embittered for life. If, however, in this morbid condition of the system, unkindness and neglect are more keenly felt, so, also, the kind offices of affection are doubly appreciated.

The injurious effects of moral impressions on the health, are thus forcibly described by Dr. James Johnson:

"The moral impressions on the brain and nerves are infinitely more injurious than the physical impressions of food and drink, however improper, on the stomach. The multifarious relations of MAN with the world around him, in the present era of social life, are such as must inevitably keep up a constant source of perturbation, if not irritation; and this trouble of mind is not solely, or even chiefly, expended on the organ of the mind, viz., the brain, and its appendages, the nerves, but upon the organs of the

body most intimately connected with the brain—namely, the DIGESTIVE ORGANS, including the stomach, liver, and bowels.

"Let us exemplify this. A man receives a letter communicating a piece of astounding intelligence—great loss of property, or death of a child, wife, or parent. The mind, the brain, the nervous system, are all agitated and disturbed. But the evil does not rest here. The organs not immediately under the will, or directly connected with the intellectual portion of our frame—the organs of digestion, circulation, nutrition, &c., are all consequently disturbed, and their functions disordered; the tongue turns white, the appetite fails, and the complexion grows sallow. These corporeal maladies are those which naturally attract most the sufferer's attention. He seldom comprehends, or even suspects, the nature and agency of the MORAL cause. He flies to physic; and it may very easily be conceived that he generally flies to it in vain!"

The following letter from Mrs. P. S. Wright was not received in time for the work for which it was intended; but as the facts and observations apply equally to the present work, the writer takes the liberty of giving it entire; although perfectly aware that some of the opinions, being in advance of the age, may prove unpopular:

JULY 3, 1844.

DEAR MADAM: It was with sincere pleasure that I learned from yourself that you were to republish and enlarge your valuable work, on the transmission of parental qualities. That the circulation of that work should be greatly extended is my sincere desire, and in compliance with your request, I send you a few facts which have come within the range of my own observation.

That the subject of which your work treats is one of immense importance to the rising generation, no one can

dispute; but that the child takes more in its mental constitution and temperament of the father than the mother, I am somewhat inclined to think. That the physical constitution is derived or controlled almost exclusively by the mother, appears to me self-evident.

Physiologists reason from analogy; and the facts established with regard to some animals, such as in their physical organization most resemble man, may be considered as finger-marks pointing to some similar law which governs the human family. Combe (I think it is, although I have not the author here to refer to) says that in the generation of the horse, in order to produce vigorous and sprightly offspring, the sire should be actively exercised. Hence we may properly reason, that if a father is dull, heavy, and stupid habitually, or even at the time of generation, the child will partake of his mental temperament to a greater or less degree. I will here cite one or two facts in elucidation of my position. A mother of my acquaintance, now somewhat advanced in years, gave me the following relation:

"I was," said she, "married at the age of twenty-five, inheriting from both my parents a most vigorous constitution. My husband was four years my senior, and alike blessed with most perfect health. But we started wrong after all, for we both determined to be rich, let what would come. We occupied a large farm, and I in my eagerness to amass wealth, which has been as a canker to my happiness, would never employ help for a day, frequently doing all the labor for a family of twenty during the period of gestation. My first children were twins. My living at the time was what is commonly called the plain living of farmers, but what I now consider as much too luxurious for health.

"Previous to my accouchement a cutaneous eruption appeared on my face, neck, and hands, together with

swelling of the joints. This I looked upon as the effect of heat, which would soon pass off; but what was my disappointment, at the birth of my babes, to have presented to me two emaciated little beings, covered with the same eruption, which proved to be scrofula induced by heating my blood with wrong living. I had most ardently desired children, and my love of riches gave way to my maternal feelings; but in less than four months both the little sufferers were carried to their resting-place. I regarded myself as stricken of God; I sought to submit to my trying fate as a Christian, for I did not regard myself as having had anything to do with my affliction. A third, fourth, and fifth child followed, diseased in the same way, and only lingered for a short period. At length my desires were gratified in everything except living children. I wept and prayed much for a child that might bless our old age.

At length the illness of a beloved parent called me to a different scene, and during almost the entire period of pregnancy with my sixth child, I was occupied in her care. Being no longer actively engaged, having scarcely sufficient exercise for my health, my mind turned naturally to investigating the causes that had co-operated to produce such painful results, if causes there were. Does God, I asked, arbitrarily punish us in this world for infringements of his moral law? if so, of what use is the atonement or death of Christ? Then first dawned upon my mind the belief that there were natural as well as moral laws given to govern us, and that an infringement of them would be followed by a just punishment. The period of parturition arrived. Conceive, if you can, the joy and gratitude of my heart to find myself the mother of a fair and beautiful boy, which still lives to bless and comfort me; but although he lives, and the three daughters which followed him, yet they too partake of the feeble

constitution which I have entailed upon them; for my own health had become greatly impaired during my struggle after riches."

I will here give my own observations of the family in question. The mother was a woman of fine mental and moral organization, with the exception of her large acquisitiveness, and of an active nervous temperament. Her superior mental endowments are proven by her having thought so correctly, more than twenty years since. The father had retained his fine natural constitution, but he was an exceeding dull heavy man of the lymphatic temperament. The children, particularly the daughters, were much like the father in mind, and it was often remarked, that were it not for the broad fields, and accumulating interest money, they would be a very dull family.

Another illustration proving the almost unlimited control of a mother over the physical organization of her child, I will here cite: Mrs. B. a lady moving in a fashionable circle in one of our large cities, possessing a fine natural constitution and good mental organization, became *enciente* soon after marriage. Wishing to enjoy society as long as possible, she habitually laced herself so tight as to conceal her situation for six or seven months.

Her three first children were sickly and weak, weighing not more than three or four pounds at birth. In the first period of gestation with her fourth child, an accident occurred which prevented her desiring to enter society, consequently her corsets were abandoned, and as she was cut off from the brilliant festivities of the winter, she resorted to reading. I should have mentioned that she had suffered exceedingly in parturition. Her husband, a man of excellent sense, placed in her hands physiological works, and she, seeing her gross neglects of duty, resolved to fit herself for the high sphere of a mother. She followed the light as she received it, and the result was a

great diminution of suffering in giving birth to a fine boy, weighing nine pounds.

She often remarks that it would be less trouble to train half a dozen such than one like her first children. Oh, said she, (for she had the tender feelings of a mother) I have done to those little ones, an injury that a whole life can never repair! * * * That the world is to be regenerated, physically, mentally, morally, is a theory that has ever appeared most delightful to my mind; not that I have ever expected any miracles wrought to bring it about, but that it would be done by natural means, and that the investigation of subjects treated of in this work are to do much towards accomplishing this object, I have not a doubt.

But there is one exceedingly delicate point which, in the first edition, is not alluded to, and as it has so strong an influence upon the purity of unborn generations, I feel myself constrained to give it least a passing notice:

The father can have no influence directly over the fœtus after its formation; it is then the mother's exclusive prerogative to nourish and cherish the being she carries. What character then, should the father desire to fix upon his child? Should it be that of gross licentiousness? Nay! Then let the father as well as the mother be pure-hearted. Let both utterly repudiate the almost unlimited married licentiousness that now prevails. Let them never come together, but for the great purpose for which marriage was at first instituted.

Let these principles be adopted and carried out, together with a course of living, and the great work of purifying the world is accomplished. Hitherto reformers have been dabbling with effects, while the great cause or causes have been left untouched. In proof of the last principle advanced, let me cite a case just in point:

J. P. finished early his college course, and with a ra-

pidity surpassing even the most sanguine hopes of his friends, acquired the profession of law. The evening that he was admitted to the bar saw him the husband of a lovely and pure-hearted woman. He rose in his profession with a rapidity unequalled, but his wife drooped in spirits and health, her happiness had been evanescent as the dew, for she had too late learned that her husband, like his father, was a profligate, licentious man. A few months previous to the birth of their son he had abandoned the young and tender wife. That son, at the age of nineteen, when I first knew him, was the most brilliant young man in mind, the most noble in form and feature of any person I had ever known, but he was pursuing a reckless licentious course, and was self indulgent in all his appetites, to a degree almost unparalleled. This child was trained, with the exception of proper physical training, (and that was the great point which ruined him) with great care. Often after receiving a letter from his mother, in which she gave excellent advice, and much religious council and exhortation, have I known him to shut himself up for days, and fast and pray, and weep like an infant over his transgressions. I have heard him make the most solemn promises before God of entire reformation. Again and again, I have seen this strong man bowed for days to the very earth under a sense of his transgressions.

But when he went forth it was to eat and drink, and again to go out and commit the same sins, perhaps to a more fearful extent.

Now, did not that father stamp his character upon his child most perfectly. The mother was a noble, highly-gifted woman, but the baser passions of the father were stronger than the moral ones of both. But had one-half of the study of the mother been directed to acquiring a knowledge of the laws of nature, she might have saved him much suffering; she might have given to his consti

tution a shield that would have protected him from temptations to which he was exposed. For she would have taught him, that by living on a mild unstimulating diet, together with bathing, air, and exercise, those baser passions might be controlled, and brought into due subjection to his higher nature. But ignorantly she fed the volcanic fires in him, which in after life she vainly sought to quench.

She loved, when her fair boy came home from school, to have something prepared to please and pamper his vitiated appetite. Thus she, like thousands of others, took the most sure means to prevent an answer to her daily, nay, almost hourly prayer, that God would keep pure her son. Would that parents, when they surrounded their luxurious boards, furnished with tea, coffee, flesh, meats, condiments, &c. and lift up their voices, and ask of God to bless that food to the strengthening of their bodies, and then rise with those bodies stimulated and unnaturally excited, and their spirits grovelling and fleshly, could but see their inconsistency. To a mind truly enlightened, such scenes are most revolting. It savors strongly of pagan idolatry. It is at least mocking God with lip-service, while the heart is so debased, low, and sensual, that the higher natures are dormant, their religion sensualism. Their God is like themselves.

I have no hope for the purifying of the world, but through those who have learned to look at these subjects n their true light.

Yours, with sincere respect,

P. S. W.

In the treatment of so important a subject as that of alleviating human suffering, it were inexcusable to overlook any system, however new or unpopular, which has in view this important object. Hydropathy, or the water cure, therefore, claims our particular attention.

This system, however, merits consideration not only on account of its inherent principles of truth and practical utility, but also on account of the high character and talent enlisted in its dissemination throughout Europe and our own country.

The following cases, taken from the "Water-Cure Journal," show the favorable influence which this treatment exerts in pregnancy and child-bearing:

WATER-CURE IN CHILD-BEARING.

The following remarkable case might by many be reckoned as one forming an exception to the general rule, as to what would be the general result under similar circumstances. In reality, striking as the case is, it is only an exemplification of what has frequently been proved, that it is possible for women of ordinary health so to live that childbirth and the period of pregnancy can be rendered comparatively free from pain and suffering.

A lady of this city, whose name from motives of delicacy, we are not at liberty to mention, of 17 years of age, small form, with very good constitution, was lately with child, and passed through the whole period as follows: She took regularly a shower bath every morning, exercised every day, wet or dry, in the open air, and when by any means, the amount of exercise was considerably less than common, a quick bath was taken before dinner, and regularly a sponge or rubbing bath was used before going to rest. Sitz baths were taken daily and the body bandage worn much of the time. No permanent chill was allowed to take place. The evening sitz bath seemed to have a decided effect in causing sound rest. The bowels were

kept free by clysters of cold water whenever these were necessary. Very plain vegetable and farinaceous food and fruits constituted the sole diet. The meals were light, and for three months previous to confinement, the supper was always omitted, so that only two light meals were taken daily and no food between times. Drinking of water is a powerful means to reduce the inordinate craving appetite with which many are afflicted in childbearing. In the case of this lady no other drink than pure soft Croton water was taken during the whole time.

As the expected time drew near, one morning while in the sitting bath labor commenced. The pains were prompt, and in about twenty minutes a fine healthy child was born. In about ten minutes more the after-birth came away, followed with but little flowing of blood. The patient was allowed to rest a short time, after which the body was sponged over and quickly made dry and comfortable. Wet cloths were laid upon the breasts to prevent inflammation or undue swelling of the parts: A wet bandage was also placed about the abdomen covered with a dry one, so as to be of comfortable temperature. The sponging, rubbing and bandages were the means of reducing the feverish excitement caused by labor, and of soothing the body in a remarkable degree, so that sweet and quiet sleep soon followed. On the third day, water having been used as the case seemed to require in the mean time, the woman walked in the open air without injury, but on the contrary with benefit. Daily exercise, however, was previously taken, in the sick room, which was at all times kept well aired.

In this remarkable case there was not a single scar left upon the body, it being the first child, and the amount of suffering was by far less than is often experienced in mere menstruation, by women who do not bathe regularly and adopt a generally correct hygenic course. Physiologi-

cally as well as morally, "wisdom's ways are ways of pleasantness," and happy is that mother who understands Nature's laws, and who has in them a confidence sufficient to live accordingly.

It may be objected in reference to the above case, that it would be unsafe for most females to attempt to carry out a similar course to the one described. This is not true. Every individual, old or young, sick or well, and of either sex, should have at least, a daily bath. Who would think of leaving for a single day the face and hands unwashed? Those who have adopted daily bathing, know well the comfort and advantages arising from it. Nor is a rigid vegetable, farinaceous and fruit diet, as was used in the above case, a dangerous one as many suppose. On the contrary, such a diet judiciously selected, is highly conducive to bodily vigor and comfort, and renders one in all cases far less liable to disease of every kind. All who will in every respect take a judicious course, similar to the one described, will as certainly as the sun shines, render their sufferings in child bearing, very much less than by any other possible means that can be adopted, and in most cases, so great will be the benefit derived, that comparatively speaking, childbearing will be unattended with suffering—be without pain.

The condition of the child in this case, was not less remarkable than that of the mother. It was healthy and vigorous, and as a natural result was far less liable to disease than children generally are. It is not at all natural for one half of the race to die under five years of age. If mothers and children were universally managed as in the case above, mortality of infants and children would be comparatively unknown.

CHILDBEARING.

"Of no one thing relating to physiology and medical treatment, have those particularly interested, been so ignorant as that indicated in the above caption. Woman may study and know all the fashions and frivolities of the day, and the art of perverting everything furnished us for daily sustenance, by the All Good; but to know *why* and wherefore she suffers sorrow and pain and anguish and often death in the advent of a new being upon our earth, is not to be thought of by any but a *man* making a *profession* of physiological knowledge, which the Indian woman of the forest would cause him to blush and hang his head in shame for. Every woman ought to know enough of the laws of her own physical being and of generation, to avoid and prevent the cause of the evils so generally attendant upon childbearing. And to show that it is possible to avoid these evils, just to the extent that she conforms to the physiological law of purity and health, I will give you a fact.

"Mrs. ———, about eight years since, had her attention directed to the subject of physiological truth and reform, and from that time has followed a generally correct course with regard to diet and general regimen. During this time she has bathed daily. Becoming with child the past year, she continued daily bathing the whole period of gestation to the day of her confinement; and the result was most happy. That which is to most women an hour of unutterable torture, was passed by her with comparatively no pain or suffering. Her husband's

knowledge of anatomy and physiology was all-sufficient, and the presence of a physician was not required; neither were all the *old ladies* in the house and neighborhood called in to embarrass the patient with their presence and officious interference. It being early in the morning, no one in the house was aroused or disturbed, and quietude in the room, with no one present but the husband, proved very favorable. Instead of castor oil or drugs, cold water was the only thing given to mother and child, and both were thoroughly bathed in tepid water. The mother was not *confined* to her bed even a whole day, and on the second day arose and bathed herself. In less than two weeks from the birth of the child, the mother and infant rode thirty-six miles; and in three weeks went a journey of four hundred miles, with no inconvenience. As the mother did not inherit constitutional health adapted to produce so favorable a result, what but a strict regard to bathing and conformity to the physiological law in diet and dress could have produced such a result? She has lived for the last eight years on a farinaceous and fruit diet exclusively, abjuring tea, coffee and flesh-meat. And she is confident that the use of water as a beverage exclusively, and daily bathing, were the most efficient means used. Its soothing and invigorating power, after confinement, was very great."

INFLAMMATION & SWELLING OF BREASTS.

"On the evening of the third day after my wife's first accouchement, I came home from Guy's Hospital, where I had been detained since morning, and found her groaning and weeping with intense pain, the breasts red and

enormously enlarged, which the frightened nurse was vehemently rubbing with brandy and oil. The skin was excessively hot and dry, and the pulse was leaping along at the rate of 120. It was in the month of January—so I walked into the street with a pail, which I filled with snow, and bringing it into the sick room, I piled a heap of it over both breasts, continually adding fresh snow as it melted. In a very few minutes the milk spun out in streams, to the distance of more than a foot, and the tears of torture were at once changed for those of pleasure, accompanied by that hysterical sobbing, which is the common result of a sudden transition from intense suffering to perfect ease. The mere absence of pain in these cases takes all the characters of the most delicious and positive pleasurable sensations. In half an hour the inflamation had subsided, the breasts had become *comparatively* flaccid, the fever had entirely subsided, and not only all danger, but all inconvenience, had utterly vanished. But for this timely succor, suppuration must have supervened in both breasts, and large abscesses would have been the inevitable consequence."—Dr. Ed. Johnson.

Dr. Shew of this city informs the writer that he has never known of an instance in which this painful affection, swelling, or caking as it is called, of the breasts, could not be wholly prevented; that is, so that no troublesome effects of the kind would follow childbirth. Dr. Shew's mode is to direct females, some days before labor is expected, to make the application of wet bandages to the breasts, these cloths to be of a temperature suited to the feeling of comfort in the case, and to be applied as frequently and continuously as is necessary to keep down inflammation. He always in every case directs these bandages to be applied immediately after labor, whether there is any undue inflammation or not. To prevent

evaporation, the bandages are to be covered with dry flannel. They not only have a soothing effect upon the breasts, and act to prevent inflammation, but aid also in causing a healthy and natural secretion of milk. In cases of sore nipples, it may at times, be necessary to use some mechanical means to shield the effected or painful parts, and perhaps some adhesive substance or plaster to keep the cracked surfaces in a favorable situation for healing; yet nothing is so good for healing as pure clean water rightly applied; and in any case where the cracked parts naturally remain in a good situation for becoming healed, and are not subject by motion to have the cracked surfaces re-exposed to the atmosphere, clean wet cloths are alone sufficient, and also the best.

To prevent that extreme and troublesome nervousness with which child-bearing females are sometimes troubled, Dr. Shew recommends that wet bandages be worn frequently, and especially at night. He relates the following case: A lady of extremely irritable nerves, having unfortunately a variety of moral causes acting to increase that nervous irritability, as well as too much and irregular physical exertion while pregnant, found it exceedingly difficult to obtain anything like sound and refreshing sleep. A persistent nervous headache was also at times present. The lady had been in the daily habit of shower-bathing, but this headache had at one time become so severe, that the bathing increased it, as is sometimes the case in such instances. To prevent this severe headache, and to cause sleep, the patient was directed to have a heavy night-dress well wrung out of cold water, together with cold bandages applied to the head, and the body warmly wrapped in flannel blankets, with warm applications to the feet, as indicated by the feelings of comfort. In a very short time after being enveloped, she declared that the headache wholly left her, and, as is common in

such applications, a sound night's rest was enjoyed. In the morning the shower-bath was taken as usual; and by wearing wet bandages over the whole body each night, well bound on with woollen shawls, the headache and nervousness were prevented, notwithstanding the unfavorable causes mostly remained.

The daily shower-bath and sitting-bath are highly recommended in cases of pregnancy, as producing a most excellent effect. Clysters of water, either warm or cold, are also to be frequently taken, to keep up a natural action of the bowels. The following directions for their application are taken from "Dr. Shew's Water-Cure."

CLYSTERS.

"Cold or tepid water injections constitute an important part of the treatment of pregnancy. "The bowels can at any time be easily kept free, and the evils and unpleasantness of constipation, thus be at once removed. This application is also of great service in all bowel complaints. Severe diarrhœa, dysentery, cholera morbus and cholic, can often be speedily arrested by this application alone. In inflammation of the bowels it is of most signal benefit. The author has, in different instances, given immediate relief in this disease, when the bowels had been for days obstinately closed, resisting the action of the most powerful medicines.

"This application should be made with an instrument, by which no air will be introduced into the parts. Air often causes pain. It should always be carefully expelled by pouring the water through the instrument a few times before it is inserted.

"The quantity of water to be used will vary. As much as can be retained, be it more or less, can be taken. The temperature is to be made according to the feelings of comfort, never too warm or too cold. Many take cold water.

"Some have a prejudice against this application, thinking that it will weaken the bowels like cathartic medicine or cathartic clysters, but this is not true. Pure water, rightly used in this way, strengthens. When constipation proceeds from too great a degree of internal heat, cold water injections are the safest and most efficient remedy."

SITTING BATH.

Pregnant women receive much benefit from a constant use of this bath. "A small tub of sufficient size, set upon a very low stool, or anything by which it may be raised a few inches, is quite sufficient. Unpainted wood is the best material, metal being unpleasant and cold. The water is used from one to five or six inches deep. The length of time this bath is used, varies from a few minutes to two hours or more. To avoid exposure to cold, it is best to uncover only the part of the person to be exposed to the water. This bath is to Priestnitz of so much importance, that it is prescribed to nearly or quite every patient. "It has the effect of strengthening the nerves, of drawing the blood and humors from the head, chest, and abdomen, and of relieving pain and flatulency, and is of the utmost value to those of sedentary habits. It is sometimes well to take a foot bath, tepid or cold, at the same time. If a large quantity of cold water were used in this bath, it would remain cold too long, and thus

drive the blood to the head and upper parts of the body, which might be very injurious; but the small quantity of water used at once becomes warm, and thus admits of speedy re-action. In some local diseases of the lower parts, where there is inflammation, and the cold water feels most agreeable, the water is frequently changed. If there is any inclination to head-ache, or too much heat in the head, a cold bandage upon the forehead or temples is good. It is often well to rub the abdomen briskly during this bath.

"The sitz bath may be used by any person, whether in health or otherwise, without the slightest fear of taking cold. Let those subject to giddiness, head-aches, or congestion of blood in the upper regions, try this, and they will at once perceive its utility."

In endeavoring to unfold useful truths in the language of reason, the writer has felt no apprehension of offending the natural delicacy of any well constituted mind. Actuated, also, by a deep sense of the misery arising from the prevailing ignorance on this subject, she has not permitted any false notions of delicacy to prevent her from directing attention to the calm and deliberate examination of the bearing which the present ignorance has on the health and happiness of the sex.

The reader who has followed the writer thus far, will have become convinced, not only from the opinions and high authority of the medical writers quoted, but also from the facts and arguments which have been aduced, that no truth is more apparent than this: *That the degree of suffering and danger at the period of parturition is entirely dependent on the previous mode of life and habits of the mother;* and also, that the sound or defective constitution transmitted to her offspring will be the result of her attention or inattention to the laws of health during the period of gestation.

When habits of indolence and luxury have been indulged in, the appetite pampered to excess, and as a natural consequence, the vascular system overcharged, to the imminent danger of convulsions, of congestion of the brain—it is vain for the imprudent sufferer to call in the aid of science; it is *then* too late to avert the fatal errors of ignorance or self-indulgence. No human power can save both mother and child!

The necessity for the use of the numerous instruments of torture and death, so common in the practice of Midwifery, has arisen in a great measure, from the habits referred to in the preceding paragraph. Yet we might hope that every woman possessing the common feelings of humanity, would inform herself of, and avoid the causes which lead to the necessity of using implements so destructive to infant life. A knowledge of the well-known expedients resorted to in such cases of extremity—as the breaking up of the infant skull, or the dismembering of its tender limbs while quivering with life, should arm every mother with sufficient resolution to practice self-denial to any extent, in view of averting such fearful consequences, and preserving the life of her child.

It is deeply painful to reflect upon the amount of infant life sacrificed in such cases; more particularly when we consider in which class of society it generally occurs. Not in that of the indigent, uneducated, and laborious; on the contrary, in that of the educated, refined, and affluent; who with these advantages possess the power of transmitting an improved organization to their offspring, and thereby promoting an evident design of the Creator—the progress and improvement of the race. A subject not yielding in interest and importance to any to which the human mind can be directed.

Fortunately, this opinion is not new; nor is it limited as respects the number and intelligence of those who en-

tertain it. That it is taking deep root in the public mind, with the most gratifying rapidity, and promises to be productive of invaluable fruit, appears from an abundance of concurrent testimony, not only in the writings of our own talented and philanthropic countryman, Dr. Caldwell, but also in those of George and Andrew Combe; and in fact, all the observing and inquiring minds of the present age, whose attention has been directed to the subject.

The reader to whom these views may appear new, is referred to the writer's late work on the "Transmission of Intellectual and Moral Qualities from Parents to Offspring,"* where she hopes that facts in proof of their truth and utility, will be found sufficient to convince any reasonable mind of the importance of this source of human improvement.

To illustrate this subject still further, and fortify the sentiments just advanced she will subjoin the following extract from the above work:

"The easy labor and speedy delivery of women of the lower classes and of the Indian race, have occasioned much discussion among physiologists. The true cause, I apprehend, will be found in the want of size and development in the heads of their children.

"In the statistical tables of Europe, lately published in Paris, it is shown that there are three male children stillborn to two females. This result certainly cannot be the effect of chance, but must have some physical cause; and this cause doubtless is the superior size of the heads of male children. For it is well known that the human head, male and female, vary as materially in form and

* Published by Taylor & Judd, Astor House. Price 37½ cents.

size at birth, as at maturity ; and also, that difficult and protracted labor, when the presentation is natural, and there is no distortion of the pelvis,* is caused by the large and firm skull of the fœtus.

"There is an editorial note, in Croker's edition of Boswell's Johnson, which, with the aid of phrenology, sheds much light on this subject. It is stated in the text, that the mother of Johnson, had, at his birth, a very difficult and dangerous labor, and that he was born almost dead. To which Croker adds, that Addison, Lord Lyttleton, Voltaire, and many other eminent men, were born almost dead. That this peculiarity should have attended the birth of so many gifted individuals, cannot be considered accidental ; but rather an evidence of a more powerful organization, resulting from an unusual development of the brain, the organ of the mind.

"The truth of the preceding views has been corroborated

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* Distortions of the spinal column, and the bones of the pelvis, are more common among females of the middling and higher classes, than is generally suspected. This dangerous condition of the system is frequently caused by tight lacing in early youth, when the bones are soft and yielding ; the viscera of the abdominal region being pressed down on those unconsolidated bones, they give way under the unnatural weight, and distortion is the result. The writer is acquainted with a family of four sisters, born of healthy parents, of course inheriting good constitutions. The eldest was adopted, when quite young, by a rich relation, and educated at a fashionable boarding-school, where little attention was paid to the laws of health. Want of fresh air and exercise, the excitement of going too early into society, late hours, and tight lacing, soon undermined her constitution, and produced a lateral curvature of the spine. She, nevertheless, married young, and had numerous offspring. But each parturition was attended with excruciating suffering and imminent peril; nor has she ever given birth to a living child. The three other sisters, whose education and habits were more in accordance with nature, have each a large family of healthy children, born without difficulty or danger.

by much testimony, and was forcibly presented to my attention by the circumstances attending the birth of two children which came under my immediate observation. The mother of one of them was about eighteen years of age, of a phlegmatic temperament, indolent habits, and educated for display. She was occupied during the whole period of her pregnancy, in paying and receiving visits of ceremony, in practicing music, embroidery, and other fashionable accomplishments, and in endeavoring to attain the reputation of a superior taste in dress; her reading was limited and confined to works of imagination. She had neither inclination nor comprehension for anything more profound than is to be met with in the pages of the New-York Mirror, or the Parlor Visitor. Her child was born at the full time, but so brief and easy was the labor, that neither physician nor nurse was present. It was plump and fat enough, but with a head diminutive in size and soft in quality.

"Years have not altered those conditions; the child in intellect is below mediocrity, and the man will be the same. In the other instance, the mother was past forty years of age, of an energetic temperament, active habits and self-educated. For some months previous to the birth of her fifth child, she had become a convert to the belief in the transmission of mental and moral qualities. To test the truth of this belief, she exercised her own mental powers to their full extent. She attended the lectures of the season, both literary and scientific; read much, but such works only as tend to exercise and strengthen the reasoning faculties, and improve the judgment. The domestic and foreign reviews, history, biography, &c. She was also engaged in the active duties of a large family, in which she found full scope for the exercise of the moral sentiments, but never allowed anything to disturb the equanimity of her temper. When

her time came, she was in labor two days; all her suffering, however, was forgotten at the birth of a son, with a head of the finest form, firmest quality and largest size —with the reflecting organs of a Bacon, and the moral ones of a Melancthon. A head, in short, on which nature had written in characters too legible to be misunderstood, strength, power, and capability, and of whom it is already said, 'He is the youngest of his family, but will soon become its head.'

"But it may be said, the number of women is small, who would be willing to encounter the extra pains and perils of childbirth, induced by the training of the last example. To such we can only say, that when they discover the minds of their children to be 'unstable as water,' with scarcely understanding enough to distinguish good from evil, and not firmness of character sufficient to pursue any steady course through life, in the anxiety and unhappiness which such conduct occasions, they must reap the punishment of their own want of moral and physical courage at the time when the exercise of those qualities would have transmitted them to their offspring. It is, however, my firm conviction, that if women would study the structure of their own bodies, and the functions of its different organs, and acquire some knowledge of the principles of obstetrics, they might escape a great portion of the present dangers and sufferings of childbirth: but in the present system of female education, that branch of knowledge which would enable them to raise a family of healthy children with success, appears to be most neglected. A friend of the authoress of good understanding, active temperament, and sound constitution, married in middle life, and has had two fine boys; but from her utter ignorance of the organic laws, lost them both.

"The birth of the first was attended by protracted and dangerous labor, the child was still-born, but was resus-

citated, and was a remarkably healthy and promising infant. His sudden death at the age of thirteen months was attended by very distressing circumstances, under which the mother was sustained by the prospect of the birth of another child in seven or eight months. Meantime, the mental anguish occasioned by the death of the first child could only be alleviated by constant occupation of the mind. She, therefore, undertook an extensive course of historical reading, varied by the study of mental and moral philosophy, to which was added the physiological and moral training of youth. The subject, however, of the most importance at that time—a knowledge of the proper habits and course of life necessary to ensure a speedy and safe delivery, was forgotten. The sedentary habits induced by study protracted her time beyond the natural period, and her constant mental exercise developed the brain of the child to an unusual degree; hence, the second labor was more difficult and dangerous than the first. The attending physician believed, that 'nature in a healthy subject was always able to do her own work,' therefore, rendered her no assistance except copious bleeding. Nature did, indeed, do her own work, but she was so long about it, that a beautiful male child, weighing twelve pounds, was killed in the process. The unfortunate mother was then congratulated on her escape with life, and was advised, if she valued life, to pray that she might never have any more offspring, for it was impossible for children with heads as large and as firm as her's, to be born alive. To which she answered, 'that life to her had no charms without children, and that she was willing to undergo the same three days suffering, and as much more as it was possible to survive, or even the Cæsarian operation, for the sake of a living child.' She immediately procured some books of midwifery, from which she learned, that if she

had, for six or eight weeks previously to the expiration of her time, taken much gentle exercise in the open air, lived very abstemiously and strengthened her system by cold baths, nature would have been in a proper condition to have done her own work; or if she required some assistance from her handmaid art, (which it was possible she might, as this child could not have been called a child of nature, in the same degree as that of the uneducated peasant, or the untutored savage) it was more than probable that a vapor bath might have relaxed the muscles, prevented the cramps and chills, and facilitated the labor to a successful issue, and she might have rejoiced in the birth of a living child."

It is highly gratifying to the writer to add, that since the publication of the above work, this lady has given birth to a third son. By pursuing a course dictated by reason and experience, that is, by attention to diet, exercise, air, and bathing, she gave birth to a healthy living child, with only two hours labor. Owing, also, to the precautions taken as to exercise and diet, this child was not as large by one-third as the previous one.

Such cases are truly encouraging, and should teach us the importance of investigating the laws of nature for ourselves; and not to rely with blind confidence on the opinions of others, or to acquiesce in a mode of practice worthy of the dark ages.

Reason, observation, experience, and every consideration bearing on this subject, unite in persuading mothers to study the laws of health which govern the condition of pregnancy, to appreciate their own responsibility in such cases, and not commit so great an injustice to medical skill, as to expect it to retrieve their errors, and carry them safely through the process of parturition, independently of their previous wrong habits. It should, there-

fore, be engraved upon the mind of every mother, as with a point of steel, that the degree of suffering and danger, present at the period of parturition, will depend entirely upon her mode of life and habits during the term of gestation.

Before closing this little volume, the writer is impelled by a sense of duty to add a few remarks on a subject of the highest importance, both in a moral and physical point of view, to the well-being of society. The practice of procuring abortion, or, to use a less offensive expression, inducing a miscarriage, has of late become so common, that it requires to be placed before the public in all its naked atrocity. From the increasing number of unprincipled persons who publicly advertise this destructive practice, it is evident that it is extending to a fearful degree throughout our country : some knowledge, therefore, of the dreadful consequences attending such utter violations of nature's laws, may be useful. That the act of procuring abortion is a crime of the deepest dye, on a par with that of murder, no argument can controvert ; nor can any, except the weak-minded or the vicious, be persuaded to the contrary. Is it possible that any woman of sane mind can look upon her living child, and admit for a moment that it would be a greater crime to deprive it of life by violent means then, than it would have been while in a state of embryo ? Many early married, unreflecting females, to avoid the cares and responsibilities of a large family, allow themselves to be deluded by the miserable sophistry, that there is no harm, previous to quickening, in taking the most deadly drugs, or in making use of the most violent means to procure abortion. Let them not, however, thus deceive themselves, for whatever apparent success may, for a time, attend these atrocious practices, retribution is sure to follow such gross violations of na-

ture's laws. The moral and physical institutions of a wise and just Creator cannot be thus outraged with impunity—effect follows cause as unceasingly here as in any other department of organic life.

Scarcely any misfortune to which humanity is liable, is more to be dreaded than a natural tendency to miscarriage. How often has it been the bane of an otherwise happy existence? Its uniform evil effect, upon the general health of the sufferer, is well-known and admitted: and yet, strange perversity, an incredible number of females, in all ranks and conditions of life, are found, who in their pitiable ignorance are willing, often for slight personal considerations, to risk a constant liability to this constitutional evil, and thereby commit, in an indirect manner, the crime of self-murder. Among several cases fresh in the memory of the writer is that of Mrs. W——, a woman highly respected for her piety, and in some respects good sense, having borne four healthy children, and thereby acquired a priceless treasure. Some plausible demon incited her to the use of these unhallowed means, to avoid, in the cant phrase of the day, a too numerous family. After five years of success, she is now a helpless ruin, totally prostrated in her nervous system, and entirely blind. And again, these days of modern refinement have given rise to another baneful practice. The newly-married, youthful couple, must for a season enjoy the butterfly-life of gayety proper to their condition in the present improved scale of existence, to do which, it is absolutely necessary to avoid the inconvenience and cares of offspring. This can only be accomplished by encouraging—harmlessly and for the present only, mind you—a miscarriage, forgetting that this outrage upon nature can only be inflicted by incurring the heavy liability to the mother of permanent and irreparable injury, or perhaps laying the train for a premature death.

Thus it is with the family of R.—or, more properly speaking, thus it is with that lonely, unhappy, because childless couple, who, in their early marriage day, long years ago, threw away, like the unbelieving Jew, the pearls that would have enriched his tribe.

"In England," lately remarked a native of that country, "every mother feels proud of having reared a large family of healthy, joyous children—ten or fifteen being no unusual number. While the American mothers, I observe, generally have small families, particularly in the higher classes of society." An old and experienced physician present significantly referred the speaker to the glaring advertisements of certain quacks, remarking, that these fiends in human form escaped unwhipped of justice, because the patronage they received enabled them, when prosecuted, to employ the best legal defence in the country; and that their practice being principally confined to the wealthy portion of the community, many a dark deed of iniquity has been concealed—the patients in such cases preferring any amount of suffering, or even death, to the public exposure which must ensue in bringing the criminal to justice.

In a subsequent conversation, this physician stated to the writer, that many distressing cases of this kind had fallen under his observation—cases in which it was clear to the experienced eye of the physician, that the patient had most ignorantly tampered with her constitution, interfered with, and interrupted the natural functions of her system. For after giving birth, at regular intervals, to healthy children, the young and vigorous mother suddenly becomes sterile. Years pass, during which frequent indispositions occur, leaving behind them a constitution strangely shattered, and a nervous system in ruins. The misguided sufferer at length perceives the dreadful results of her practices, and desists—pregnancy ensues,

but the whole term of gestation is one of painful debility, and at its close, in the effort for relief, outraged nature denies the necessary energy: the patient sinks to the tomb, another victim to the Moloch of selfishness, leaving a family of young children motherless, to grow up in ignorance and tread the same path of error which led to her destruction.

Oh, Justice! where is thy whip of scorpions to lash the vile Charlatan, who thus makes a trade of death, naked through the world?

THE END.

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